

imo's pizza nutrition

imo's pizza nutrition is a topic of interest for many pizza enthusiasts who want to enjoy their favorite meal while maintaining a balanced diet. Imo's Pizza, known for its unique St. Louis-style thin crust and distinctive toppings, offers a variety of menu options that vary in nutritional content. Understanding the nutritional profile of Imo's pizzas can help consumers make informed decisions about their food choices, including calorie intake, macronutrients, and ingredient quality. This article provides a detailed exploration of Imo's pizza nutrition, covering calorie counts, fat content, protein levels, carbohydrate information, and sodium considerations. Additionally, it examines the nutritional aspects of different pizza varieties and toppings, helping readers navigate options for healthier eating. The following sections will guide you through the essential elements of Imo's pizza nutrition to enhance awareness and promote better dietary habits.

- Calorie Content in Imo's Pizza
- Macronutrient Breakdown of Imo's Pizza
- Sodium and Other Nutritional Considerations
- Nutrition Differences by Pizza Type and Toppings
- Tips for Healthier Choices at Imo's Pizza

Calorie Content in Imo's Pizza

Calorie content is a primary concern for consumers monitoring their daily energy intake, and Imo's pizza nutrition varies significantly depending on the pizza type and portion size. Typically, the thin crust used by Imo's Pizza results in a lower calorie base compared to thicker crust varieties. However, toppings and cheese amounts can greatly influence total calories. For example, a plain cheese pizza slice contains fewer calories than specialty pizzas loaded with meats and extra cheese. Customers should be aware that calorie counts can fluctuate between individual pizzas and serving sizes.

Calorie Estimates for Popular Pizzas

Here are approximate calorie ranges for some of Imo's pizza options per slice:

- Thin Crust Cheese Pizza: 200–250 calories
- Thin Crust Pepperoni Pizza: 250–300 calories
- Thin Crust Sausage Pizza: 270–320 calories
- Thin Crust Supreme Pizza: 300–350 calories

These estimates serve as general guidelines and can vary slightly based on exact ingredient quantities and preparation methods.

Macronutrient Breakdown of Imo's Pizza

The macronutrient composition of Imo's pizza nutrition is crucial for understanding its impact on diet and health. Each slice contains varying amounts of carbohydrates, proteins, and fats, contributing differently to energy provision and satiety. The thin crust primarily supplies carbohydrates, while cheese and meat toppings contribute to fat and protein content.

Carbohydrates

Imo's thin crust pizza is rich in carbohydrates due to the wheat-based crust. A typical slice provides approximately 25 to 35 grams of carbohydrates, making it a significant energy source. Carbohydrates in Imo's pizza predominantly come from refined flour, which has a high glycemic index, impacting blood sugar levels differently than whole grains.

Proteins

Protein content varies depending on toppings. Cheese contributes a moderate amount of protein, while meat toppings such as pepperoni, sausage, and ham increase protein levels substantially. On average, a slice of Imo's pizza contains between 10 to 15 grams of protein, supporting muscle maintenance and repair.

Fats

Fats in Imo's pizza come mainly from cheese and meat toppings. The total fat content per slice can range from 8 to 15 grams, including saturated fats, which should be consumed in moderation. Understanding fat content is important for managing heart health and overall calorie intake.

Sodium and Other Nutritional Considerations

Sodium is a key nutritional element in Imo's pizza nutrition, given the use of cheese, processed meats, and sauce ingredients. High sodium intake is linked to increased risk of hypertension and cardiovascular diseases, so monitoring sodium levels is essential for health-conscious consumers.

Sodium Levels in Imo's Pizza

Each slice of Imo's pizza can contain between 400 to 700 milligrams of sodium, depending on toppings and portion size. Specialty pizzas with multiple processed meats tend to have higher sodium levels. It's advisable to balance pizza consumption with low-sodium foods throughout the day to avoid excessive intake.

Other Nutrients

In addition to macronutrients and sodium, Imo's pizza provides small amounts of vitamins and minerals, primarily calcium from cheese and iron from meat toppings. However, these nutrients should be considered supplementary rather than primary sources.

Nutrition Differences by Pizza Type and Toppings

Imo's pizza nutrition varies not only by size but also significantly by type and toppings. Different pizzas offer distinct nutritional profiles, which affect calorie content, fat, protein, and sodium levels. Selecting certain toppings can lead to healthier or more indulgent options.

Vegetarian vs. Meat Toppings

Vegetarian pizzas, which include toppings like mushrooms, onions, green peppers, and olives, generally have lower fat and calorie content compared to meat-laden pizzas. Meat toppings such as sausage, bacon, and pepperoni increase saturated fat and calorie density.

Specialty Pizzas

Specialty pizzas like the "Deluxe" or "Supreme" include multiple meats and vegetables, resulting in higher calorie and sodium levels. Choosing pizzas with lighter toppings or requesting less cheese can moderate the nutritional impact.

- Cheese-only pizzas have the lowest fat and calorie content among standard options.
- Meat-heavy pizzas significantly increase protein but also saturated fat and calories.
- Vegetable toppings add fiber and micronutrients while keeping calories lower.

Tips for Healthier Choices at Imo's Pizza

Consumers interested in enjoying Imo's pizza while managing nutritional intake can adopt several strategies to make healthier choices without sacrificing flavor. These approaches focus on portion control, ingredient selection, and balancing the overall diet.

Portion Control

Limiting the number of slices consumed is a straightforward way to control calorie and sodium intake. Sharing a pizza or pairing smaller portions with a salad can improve meal balance.

Choosing Toppings Wisely

Opting for vegetable toppings and minimizing processed meats can reduce fat and sodium levels. Requesting light cheese or no cheese options may also lower calorie and fat content.

Complementary Side Choices

Pairing Imo's pizza with nutrient-dense sides such as fresh vegetables or a green salad can enhance fiber and vitamin intake, promoting satiety and nutritional balance.

- Choose thin crust options to reduce calorie intake.
- Limit high-fat toppings like extra cheese and bacon.
- Incorporate fresh vegetables as toppings or sides.
- Monitor overall sodium intake by balancing with low-sodium foods.

- Drink water instead of sugary beverages to avoid extra calories.

Frequently Asked Questions

What are the nutritional facts of a slice of Imo's Pizza?

A typical slice of Imo's Pizza contains approximately 250-300 calories, 12-15 grams of fat, 25-30 grams of carbohydrates, and 10-12 grams of protein, but exact values vary by topping and crust type.

Is Imo's Pizza high in sodium?

Yes, like many fast-food pizzas, Imo's Pizza tends to be high in sodium, often containing around 600-800 mg per slice, so it's advisable to consume in moderation.

Does Imo's Pizza offer any gluten-free options?

Imo's Pizza offers a limited selection of gluten-free crust options, but cross-contamination risks exist. Customers with gluten intolerance should inquire directly with the store.

How many calories are in Imo's Pizza cheese pizza?

A slice of Imo's classic cheese pizza usually has about 280-300 calories, depending on the size and thickness of the crust.

Are there any vegetarian options available at Imo's Pizza?

Yes, Imo's Pizza offers vegetarian options including cheese pizza and vegetable toppings like mushrooms, onions, and green peppers.

What is the fat content in Imo's Pizza pepperoni pizza?

A slice of Imo's pepperoni pizza generally contains around 14-18 grams of fat, including saturated fats from cheese and pepperoni.

Does Imo's Pizza provide nutritional information

online?

Yes, Imo's Pizza provides detailed nutritional information on their official website, including calories, fat, sodium, and other nutrient content for their menu items.

Can Imo's Pizza be part of a balanced diet?

Imo's Pizza can be included in a balanced diet if consumed in moderation and paired with healthier sides like salads or vegetables to balance calorie and nutrient intake.

Are there low-calorie options available at Imo's Pizza?

Imo's Pizza offers smaller-sized pizzas and thin crust options which are lower in calories compared to their larger or stuffed crust pizzas.

How does Imo's Pizza compare nutritionally to other pizza chains?

Nutritionally, Imo's Pizza is comparable to other regional pizza chains, with similar calorie, fat, and sodium content per slice, but exact values depend on crust, toppings, and portion size.

Additional Resources

1. *Understanding Imo's Pizza Nutrition: A Comprehensive Guide*

This book delves into the nutritional content of Imo's Pizza, breaking down calories, fats, proteins, and carbohydrates. It offers readers insights into how different toppings and crust options affect overall health. Perfect for those looking to enjoy their favorite pizza while staying mindful of their diet.

2. *The Science Behind Imo's Pizza Ingredients*

Explore the science and sourcing of the ingredients used in Imo's Pizza. This book discusses the quality, freshness, and nutritional value of each component, from cheese to sauce to dough. Readers will gain an appreciation for what makes Imo's Pizza both delicious and nutritious.

3. *Healthy Eating with Imo's Pizza: Tips and Tricks*

Learn how to make healthier choices when ordering from Imo's Pizza. This book provides practical advice on portion control, choosing nutritious toppings, and balancing your meal with side dishes. It's an essential guide for pizza lovers who want to maintain a balanced diet.

4. *Calorie Counting and Imo's Pizza: What You Need to Know*

This book breaks down the calorie content of various Imo's Pizza menu items,

helping readers make informed decisions. It includes charts and comparisons to common foods, assisting in weight management and nutritional planning. Ideal for those tracking their daily caloric intake.

5. *The Role of Imo's Pizza in a Balanced Diet*

Understand how Imo's Pizza can fit into a balanced and healthy eating plan. The book discusses macronutrients and micronutrients, and how to complement pizza with other food groups for optimal health. It also offers meal planning strategies for pizza enthusiasts.

6. *Imo's Pizza for Special Diets: Gluten-Free and Beyond*

This guide explores options for those with dietary restrictions such as gluten intolerance, lactose sensitivity, or vegetarian preferences. It reviews Imo's Pizza offerings and suggests modifications to suit various special diets. A must-read for anyone needing tailored nutritional advice.

7. *Nutrition Myths and Facts About Imo's Pizza*

Debunk common misconceptions about the nutritional value of pizza, specifically focusing on Imo's Pizza. The book presents scientific evidence and expert opinions to clarify what is true and what is exaggerated. It helps readers develop a realistic perspective on pizza consumption.

8. *Imo's Pizza and Heart Health: What You Should Know*

This book examines the impact of Imo's Pizza on cardiovascular health, analyzing sodium levels, saturated fats, and cholesterol content. It offers guidance on making heart-healthy choices without sacrificing flavor. Readers will find tips on balancing indulgence with wellness.

9. *Creative Nutrition: Enhancing Imo's Pizza with Healthy Additions*

Discover innovative ways to boost the nutritional profile of your Imo's Pizza meal by adding fresh vegetables, lean proteins, and nutritious sides. This book includes recipes and serving suggestions that combine taste and health. Perfect for those who want to enjoy pizza in a more wholesome way.

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imo s pizza nutrition: *Neurodevelopment and Intelligence: Impacts of Nutrition, Environmental Toxins, and Stress (Volumes 1 and 2)* Charles A. Lewis, MD MPH, 2022-03-01 This special edition of Neurodevelopment and Intelligence contains both Volumes One and Two. The set provides an understanding neurodevelopmental risks during fetal and early life, and of the things that can go awry that limit or hinder healthy brain development, leading to a loss of intellectual

abilities or causing disabilities such as autism spectrum disorder. It should be of interest to anyone interested in brain health, preventive medicine, pediatrics, public health policy, present and prospective parents, and those planning on pregnancy and parturition. Herein, Dr. Lewis explains: How people got smarter for more than a century and why the alternative title of the book is *Swimming in a Poisoned Pond —The Looming Demise of Cognitive and Mental Health in America* How any healthy child can be a genius with advanced planning All the nasty things in your home that cause brain damage The disgusting things in your water that harm the brain The prenatal vitamins that prevent autism How ADHD is a lifestyle disease The eight pillars of health and their effects on the brain What men can do to sire smarter children The environmental toxins that cause violent crime and suicide How to make your home safe for your child's brain The role of gut bacteria on the brain How to make pregnancy safer for the fetal brain Foods that improve brain function Maternal life style factors that affect IQ The seven pillars of health and their effects on the brain What men can do to sire smarter children How to make your home safe for your child's brain The role of gut bacteria on the brain The disruptive effects of sleep deprivation and sleep disordered breathing on brain development, and sleep hygiene for children The effects of stress on the brain and its functioning The harmful effects of poverty on the brain How noise and noise pollution harm brain development. How good public policy can give us a brighter future Foods that improve brain function and make us happy and engaged The effects of Exercise and Environmental Enrichment Kiss your genetic legacy goodbye! Why you will likely never be a grandparent if you don't already have children How stress makes us stupid Why people are getting dumber even though we have better medical care and more access to education. Are we already too dumb to save ourselves from our mistakes? How psychopathic corporations, stupidity, and structural racism raid America's wealth The book is a serious scientific exploration of neurodevelopment on which policy and personal behavior changes can be based to improve health, happiness, and intellectual curiosity. Section I section lays out an description of the Intelligence Quotient (IQ) and why it can used as a proxy for neurodevelopment. It explains IQ tests and other developmental scales scoring, and some of their limitations. The high metabolic cost of a large brain and the survival advantage provided by epigenetic adaptation to downsize the brain to the current environmental conditions is described, explaining why a less costly and less intelligent brain are adaptive to leaner times. An estimate is made for the average human IQ in full health and nutrition, (about two standard deviations above the current average, or an IQ of 130). A primer on inflammation is given. Section 2: discusses the impact of anemia and iron on brain development. Topics include: Hookworm, malaria, and infections. Most of this section discusses iron deficiency, iron supplementation in pregnancy and infancy, and the role other minerals and vitamins required for blood formation Section 3: Covers the role of iodine and thyroid hormone on neurodevelopment. The following chapters discuss thyroid hormone disruptors including fluoride and bromide, organohalogenes, thyroid disrupting organic pollutants, organophosphates and other biocides, and foods and food additives that impact thyroid function Section 4 covers neurotoxic metals in the environment. The neurotoxic metals that most commonly impact brain health are discussed, including arsenic, lead, mercury, manganese. The impacts of cadmium and aluminum on fetal and infant health are reviewed. Toxic metal exposure during development most commonly occurs from water contamination, and Chapter 18 covers water filtration for removal of these toxins. Section 5 discusses the role of toxic metals, dietary factors, and the role of the intestinal microbiome on the causation and exacerbation of autism spectrum disorder. Evidence on the role of special diets for ASD is reviewed. The timing of the development of ASD is discussed; as it is essential to understanding which exposures are relevant and amenable to treatment. Section 6 discussed the generation of air pollution from combustion of fuels and the adverse impacts of it on brain health. Effects of Particulate matter (PM) on health, Alzheimer's and Parkinson's disease are reviewed, along with its effects on the premature birth of infants, neurodevelopment, IQ, and autism. Mitigation of risk is discussed. Section 7 outlines maternal factors that impact neurodevelopment and intelligence. The causes and effects of preterm birth and small for gestational age are explored, with a particular focus on environmental influences. Section 8

covers the effect of general health on neurodevelopment, including the impact of diet on the intestinal microbiome, exercise, sleep deprivation, sleep-disordered breathing, and explains the role of lifestyle in ADHD. Section 9 discusses the effects of psychosocial stress on neurodevelopment and intellectual performance, and discusses the epigenetic effects of stress on brain development and behavior. The role of having a supportive social environment, a stimulating environment, and education on brain development, IQ and health are discussed. The effects of prenatal stress on the brain are reviewed. Other topics include the effect of stress and telomere length, the effects of poverty or domestic violence on IQ score, and the effects of stress on the hypothalamic-pituitary-adrenal axis and on the gut. The effects of noise on hearing, academic performance, and sleep are reviewed. The need to confront endemic stress as a societal norm is discussed.

imo s pizza nutrition: Utilisation of Bioactive Compounds from Agricultural and Food Production Waste Quan V. Vuong, 2017-09-07 The large quantity of waste generated from agricultural and food production remains a great challenge and an opportunity for the food industry. As there are numerous risks associated with waste for humans, animals and the environment, billions of dollars are spent on the treatment of agricultural and food waste. Therefore, the utilisation of bioactive compounds isolated from waste not only could reduce the risks and the costs for treatment of waste, but also could potentially add more value for agricultural and food production. This book provides comprehensive information related to extraction and isolation of bioactive compounds from agricultural and food production waste for utilisation in the food, cosmetic and pharmaceutical industries. The topics range from an overview on challenges and opportunities related to agricultural and food waste, the bioactive compounds in the waste, the techniques used to analyse, extract and isolate these compounds to several specific examples for potential utilisation of waste from agricultural and food industry. This book also further discusses the potential of bioactives isolated from agricultural and food waste being re-utilised in the food, cosmetic and pharmaceutical industries. It is intended for students, academics, researchers and professionals who are interested in or associated with agricultural and food waste.

imo s pizza nutrition: Food & Beverage Market Place, Volume 1 Laura Mars, 2009-09 This information-packed 3-volume set is the most powerful buying and marketing guide for the U.S. food and beverage industry. Anyone involved in the food and beverage industry needs this industry bible on their desk to build important contacts and develop critical research data that can make for successful business growth. This up-to-date edition boasts thousands of new companies, updates and enhancements; 16 Industry Group Indexes-the fastest way to find business-building contacts; more product categories than ever-over 10,000; 45,000 Companies in 8 different Industry Groups: Manufacturers, Equipment Suppliers, Transportation, Warehouses, Wholesalers, Brokers, Importers, Exporters; Over 80,000 Key Executives; Better Organization for Third Party Logistics Listings include detailed Contact Information, Sales Volumes, Key Contacts, Brand & Product Information, Packaging Details and so much more. Food & Beverage Market Place is available as a three-volume printed set, a subscription-based Online Database via the Internet, as well as mailing lists and a licensable database.

imo s pizza nutrition: Medicinal and Aromatic Plants of South America Ulysses Paulino Albuquerque, Umesh Patil, Ákos Máthé, 2018-10-24 This volume in the series deals with the major Medicinal and Aromatic Plants (MAPs) of South America, providing information on major aspects of this specific group of plants on that continent (botany, traditional usage, chemistry, production/collection practices, trade and utilization). Brazil, in particular, offers an immense amount of biodiversity, including plants with great pharmacological interest and ethno-medicinal importance. Contributions are from internationally recognized professionals, specialists of the Medicinal and Aromatic Plant domain and have been invited mostly from the members of the International Society for Horticultural Science and International Council for Medicinal and Aromatic Plants.

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